

**Claims**

1. A method for treating or preventing a malignancy or hypercholesterolemia in a subject comprising,
  - 5 administering to said subject a therapeutically-effective amount of a composition selected from the group consisting of an essence oil isolated from a citrus fruit, a peel oil isolated from a citrus fruit, a peel isolated from a citrus fruit, decharacterized cranberry fruit, and combinations thereof.
- 10 2. The method of claim 1, wherein the malignancy is breast cancer.
3. The method of claim 1, wherein the malignancy is metastatic.
- 15 4. The method of claim 1, wherein the hypercholesterolemia is measured by altered apoB levels.
5. The method of claim 1, wherein the composition further comprises a compound selected from group comprising fats, carbohydrates, proteins, vitamins, minerals, and combinations thereof.
- 20 6. The method of claim 1, wherein the composition is administered orally.
7. The method of claim 1, wherein the citrus fruit is a grapefruit.
- 25 8. A method of nutritionally supplementing a foodstuff comprising, adding to said foodstuff a composition selected from the group consisting of an essence oil isolated from a citrus fruit, a peel oil isolated from a citrus fruit, a peel isolated from a citrus fruit, decharacterized cranberry fruit, and combinations thereof.

9. A dietary supplement comprising, a composition selected from the group consisting of an essence oil isolated from a citrus fruit, a peel oil isolated from a citrus fruit, a peel isolated from a citrus fruit, decharacterized cranberry fruit, and combinations thereof.

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10. A method of supplementing a pharmaceutical comprising, adding to said pharmaceutical a composition selected from the group consisting of an essence oil isolated from a citrus fruit, a peel oil isolated from a citrus fruit, a peel isolated from a citrus fruit, decharacterized cranberry fruit, and combinations thereof.

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11. A composition comprising a compound isolated from cranberry and selected from the group consisting of a phenolic acid, flavanoid, fiber, omega-3-fatty acid, tocochromanol, triterpenoid, ellagic acid, and combinations thereof.

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12. A composition comprising a compound isolated from cranberry and selected from the group consisting of an anthocyanin, a phenolic acid, a proanthocyanidin, and combinations thereof.

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13. A composition isolated from a cranberry having an anthocyanin content which is 30% or greater of that present in the native fruit, a phenolic acid content of 8% or greater of that present in the native fruit, and a proanthocyanidin content of 60% or greater of that present in the native fruit.

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14. The composition of claim 11, wherein said phenolic acid is selected from the group consisting of para-coumaric acid, caffeic acid, chlorogenic acid, ferulic acid, protocatechuic acid, cinnamic acid, benzoic acid, gallic acid, para-hydroxybenzoic acid, and combinations thereof.

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15. The composition of claim 11, wherein said flavanoid is selected from the group consisting of a proanthocyanidin, flavan-3-ol, anthocyanin, flavanol, and combinations thereof.

16. The composition of claim 15, wherein said proanthocyanidin is selected from the group consisting of a flavan-3-ol polymer, procyanidin B 1, procyanidin B 2, procyanidin B 3, epicatechin oligomer, and combinations thereof.

5 17. The composition of claim 15, wherein said flavan-3-ol is selected from the group consisting of catechin, catechin gallate, epicatechin, epicatechin gallate, epigallocatechin gallate, gallocatechin gallate, and combinations thereof.

10 18. The composition of claim 15, wherein said anthocyanin is selected from the group consisting of cyanidin-3-arabinoside, cyanidin-3-galactoside, cyanidin-3-glucoside, peonidin-3-arabinoside, peonidin-3-galactoside, peonidin-3-glucoside, malvidin-3-arabinoside, malvidin-3-glucoside, and combinations thereof.

15 19. The composition of claim 15, wherein said flavanol is selected from the group consisting of quercetin, q-3-arabinoside (avicularin), q-3-galactoside (hyperin), q-3-glucoside (isoquercitrin), q-3-rhamnoside (quercitrin), myricetin, m-3-arabinoside, m-3-rhamnoside (myricitrin), m-3-digalactoside, kaempferol, isorhamnetin, and combinations thereof.

20 20. The composition of claim 11, wherein said triterpenoid is ursolic acid.

21. A foodstuff comprising a composition according to claim 11.

22. A dietary supplement comprising a composition according to claim 11.

25 23. A pharmaceutical comprising a composition according to claim 11.